ABSTRACT OF THE DISCLOSURE

The present invention provides a valve train for an internal combustion engine, capable of preventing the minute slippage between the cam lobe and the roller follower, and thereby reducing the friction loss in the valve train system. At least one of the following measures is applied to the valve train. Measure 1: A cam lobe made of an iron sintered material is used, and the surface roughness Ra of the outer circumferential surface thereof is made to be in a range of 0.4 to 2.2 μm. Measure 2: The surface roughness Ra of the outer circumferential surface of the roller of the roller follower is made to be in a range of 0.4 to 2.2 μm.